



Fit For Sport's **Extended School Club Newsletter**









Welcome back!

We hope you enjoyed a wonderful Easter break and you're feeling refreshed and raring to go for lots of fun physical activity with Fit For Sport during the summer term!

What to expect for the final term...



> Sports days



> Multi-sports



Arts and crafts



> Themed activity weeks



> Activity challenges



> Parachute games



> Teamtastic games

> Homework



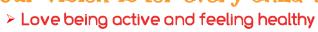
> Healthy Passports



> New healthy snacks



Our vision is for every child to...





> Feel self-empowered and respectful of others

"Sign up to our monthly Fitter Families Newsletter at www.fitforSport.co.uk for top tips on how your family can commit to an active 2018!



Why should I send my child to Fit For Sport **Breakfast and After School Clubs?**

- Fit For Sport's highly **qualified** and **experienced** staff **are** dedicated to teaching your children the benefits of leading a healthy active lifestyle.
- ALL children that attend get to revel in FUN physical activity every weekday.
- Children receive the option of a healthy breakfast and/or a nutritious **snack** at the clubs.
- After a day of structured learning children need to be able to release their energy.
- Children get to try **new activities** that they may never have experienced before.
- > The clubs result in a boost in concentration levels and they also help raise attainment.





Commit your family to an active 2018!

Getting fit is all about making simple changes to your everyday life. Our monthly Fitter Families Newsletter features lots of Simple, Achievable and Sustainable (SAS) tips to help get you started on your journey to an active 2018.



Game of the month...Cowboys

Mark out the playing area using cones and divide into four teams. Each team is given different coloured sashes to wear. Select four 'catchers' who have to round up everyone wearing the same coloured sash. Those wearing the sashes run around the playing area trying to avoid the catchers. Once a catcher has been tagged, they bring (not drag) the captured child to the leader and then go and round up another player. The first catcher to have rounded up all of those wearing their chosen colour is the winner. Select four new catchers and repeat the game.

Recipe of the month...Kid's Trail Mix

Give your children the perfect healthy snack this summer term with this delicious kid's trail mix that contains all the necessary goodness to fuel their active-filled days! Visit www.sunmaid.co.uk/en/recipes/recipe/Kids_Trail_Mix.html for the full recipe, courtesy of California Sun-Maid Raisins.





Keep an eye out for the launch of Saturday Fun Football and our new Birthday Party packages!
We are also bringing back our sibling offering this summer - details to follow very soon!
If you have opted out of communications with us then make sure you opt back in for a whole host of new and exciting offers...watch this space!

Join Fit For Sport this May Half Term and all Summer long at your local...



For the schedule, times and prices of our before and after school clubs, visit www.fitforsport.co.uk.

Please note the prices shown online are the **EARLY** rates which only apply if you book two weeks in advance of a session.

FIT FOR SPORT'S CAMP COMPETITION

Don't forget to email your Activity
Camp booking reference number
with "PICK ME" in the subject line
to competitions@fitforsport.co.uk
for your chance to win a free
week at your local camp
this summer!

